

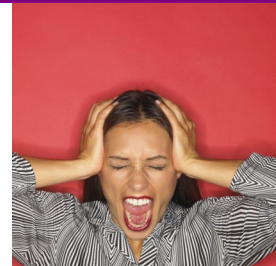


Five Dimensions of Wellness

In planning worksite health promotion activities for Department of Health and Senior Services employees, the Worksite Health Promotion Committee (WHPC) supports topics that fit into the following dimensions of wellness.

Emotional

The emotional dimension considers one's ability to recognize and accept feelings, strengths and limitations and manage emotions and cope with stressful events. Achieving emotional wellness allows one to experience life's ups and downs with enthusiasm and grace and maintain satisfying relationships with others.



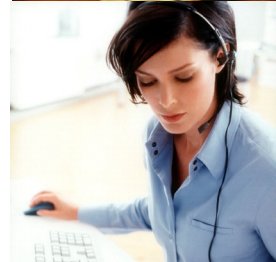
Intellectual

The intellectual dimension considers creativity and expansion of skills and knowledge. An intellectually well person uses available resources to expand knowledge, improve skills and to increase the potential for sharing with others.



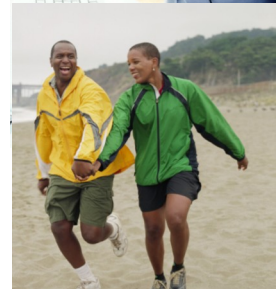
Occupational

The occupational dimension considers the balance between work and leisure time as well as satisfaction with work responsibilities. Attitudes about work can greatly affect job performance and interactions with coworkers. Striving toward occupational wellness will help to give personal satisfaction and allow one to find enrichment in life through work.



Physical

The physical dimension considers activities that promote good physical health, including exercising, eating balanced diet, safe driving, doing medical self-care, avoiding use of tobacco, drugs and excessive alcohol consumption. Taking good care of the body will repay with years of good service.



Social

The social dimension considers satisfaction of personal relationships with spouse, family, friends and associates; participation in community affairs; and the contributions to protecting the environment by conserving and recycling. Social wellness is based on one's ability to interact harmoniously with people and the Earth.

